

**Him tein, Smart tein le Dam tein: Na um nak hmun thar
ah khuawng pemh nak tawh fung hna.**

Sii lei i zohkhenh nak le Damnak tlam tlin ngah nak – 6

**Safe, Smart and Healthy – Keys to Success in Your New Home
Medical Care and Health Insurance – 6**

HAKHA CHIN

<p>Mrs. Li le Mr. Banu pi hna cu nau ngeih nak lei ah a hlei ceh in a thiam mi (obstetrician) a si lo ah nu zawt nak ah a hleiceh in a thiam mi (gynaecologish) hna sin zong ah an va kal. Nu na si ah cun hi sii bawi pa khat khat ah kal ding a nin fial khoh men. Cui Siibawi hna cu nu zo khen athiam ngaingai mi an si.</p> <p>Hi sibawi hna nih hin fa na pawit ah, fa ngeih nak a herh mi (Prenatal Care) an in khan piak lai. Fa ngei ding na si ah cun hi hi a bia pi tuk mi a si. Fa ngeih caan a dam mi a si lai.</p>	<p>Mrs. Li and Mrs. Ba also go to an obstetrician or gynecologist. If you are a woman, you may be referred to one of these doctors. They are experts in taking care of women.</p> <p>These doctors can help you when you are pregnant, providing prenatal care. This is very important if you are going to have a baby. Your baby will be healthier if you have prenatal care.</p>
<p>Hi siibawi hna nih hin nu long nih ngeih mi adang a biapi mi tahchun nak ahthi chuah nak, thi pih nak ti ban tuk hna ah an nin bomh khawh hna.</p>	<p>These doctors can also help with other health issues that only women have, such as menstruation or menopause.</p>
<p>Hi ban tuk lei in paw cawm nak tiang in a thiam cang mi hna sii bawi hna le Nurse hna nih family planing timi fa ngeih nak le ngeih lo nak ning cang ttha te in an nin fian ter khawh. Hi fa ngeih ning cung cang hi abia pi tuk mi asi. Na ready caan long ah fa na pawit lai i, fa na duh mi zat long ngeih khawh a si.</p>	<p>These health professionals, and other doctors and nurses, can help you with family planning. Family planning is important so you will only get pregnant when you are ready, and can have only the number of children that you <i>want</i> to have.</p>
<p>Mrs. Li nih Siibawi fian ter mi ning in family planing ka hmang lai i fa pa hnih long ka ngei lai tiah aa tiim.</p> <p>Fa pazeizat dah ngeih na duh, nangmah duh thim a si. Kum zeizat dah na hlat ter hna lai nangmah duh thim thiam a si. Na siibawi a silo ah Nurse kha a zeitik caan poah ah family planing kong kha hla hna.</p>	<p>Mrs. Li has chosen to have just two children, and practices family planning with the help of her doctor.</p> <p>How many children you have is <i>your</i> decision. You have a choice about how much time to wait between one child and your next pregnancy. Talk to your doctor or nurse any time you want information about family planning.</p>